

Illinois Gastroenterology, LTD. a member of PREMIER MEDICAL GROUP, LLC

Stephen S. Matter, M.D.

Summer Hinthorne, MSN, APN, WHNP

Date: _____

At: _____

Arrive at: _____ AM/PM

For your _____: _____ AM/PM test

2 DAY- SUPREP BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY

The best possible examination requires that the colon be completely empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and prep instructions that are detailed below.

THE DAY BEFORE YOUR PROCEDURE:

Drink only CLEAR LIQUIDS for Breakfast, Lunch and Dinner.

Approved CLEAR LIQUIDS are Listed Below:

- **NO LIQUIDS RED/ORANGE/PURPLE IN COLORING**
- **NO SOLID FOODS**
- **NO MILK OR MILK PRODUCTS**

- Water
- Tea
- Apple juice

- Black coffee (No creamer)
- Carbonated or noncarbonated **CLEAR** soft drinks
- Gatorade, Kool-aid or other fruit drinks (NO RED OR PURPLE)
- Plain Jell-O (Without fruit or toppings – NO RED OR PURPLE)
- White Grape juice
- White Cranberry juice
- **Clear** broth/ bouillon

THE EVENING BEFORE YOUR PROCEDURE:

AT 4:00-7:00 PM: BEGIN STEPS 1 THROUGH 4

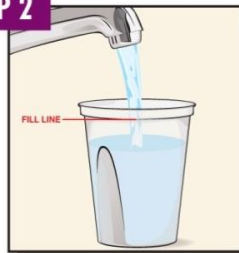
1. Refrigerate the Suprep solution before drinking, it tastes better chilled. You do not have to use water to mix the Suprep solution; You may use any approved clear liquids (White grape juice, Crystal Light & Sprite/7Up are good choices.)
2. If you feel nauseated, drink Suprep more slowly. Drinking with a straw is helpful.

STEP 1



Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

STEP 2



Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.

STEP 3



Drink **ALL** the liquid in the container.

STEP 4



You **must** drink two (2) more 16-ounce containers of water/ clear liquids over the next 1 hr.



THE MORNING OF YOUR PROCEDURE:

AT 4 HOURS BEFORE YOUR ARRIVAL TIME: REPEAT STEPS 1 THROUGH 4

YOU MUST FINISH DRINKING THE FINAL GLASS OF WATER AT LEAST 2 HOURS BEFORE YOUR PROCEDURE

Stop Drinking at: _____ AM/PM